



VOLUME 3 ISSUE 01

APRIL 2019

Inside this issue:

- Senior Farmers Market
- Lunch Menu
- Hula Lessons
- Casino Field Trip
- Art Lessons

And more...

Center Hours:

8:15am - 4:15pm
Monday - Friday

Phone Number:

(760) 329-0222

Spring has arrived at the Desert Hot Springs Senior Center. In the month of April we start by welcoming the California Highway Patrol back for their “Age Well, Drive Smart” senior driving course and giving a first time welcome to Author, Elayne Clift, graciously visiting our Center for a poetry reading. Further along in the month we have a Medicare fraud presentation by HICAP and a presentation on a new medical test that can detect hereditary cancer 10-14 years in advance. On Friday, April 19th the Center will close at 12:00pm and lunch will be served at 11:00am.



We are excited to announce that we will be introducing computer classes in the near future. We have a great computer lab available for use at the Center. This month the ballots for Court nomination for the Center’s Annual Dance. This year’s theme will be “The Great Gatsby” and the dance will be on Friday, May 24th, 2019. We look forward to seeing you all attend. Court nomination forms will be available at the front desk from April 15th–30th. As usual my door is always open for any questions or comments.

Melanie Lyons, Director



April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>8:30</u> Morning Bites</p> <p>Zumba Gold</p> <p><u>10:00</u> Fit After 50</p> <p><u>11:00</u> Casino Field Trip (4/1)</p> <p><u>11:30</u> Lunch</p> <p><u>12:30</u> Medicare Fraud Seminar (4/22)</p> <p><u>1:00</u> Age Well Drive Smart (4/1)</p>	<p><u>8:30</u> Morning Bites</p> <p><u>9:00</u> Senior Advocates (4/9, 4/29) <i>Appointment Needed</i></p> <p><u>10:00</u> Beginning Tai Chi</p> <p>Learn to Crochet with Shirley</p> <p><u>11:00</u> Zumba Gold</p> <p><u>11:30</u> Lunch</p> <p><u>12:30</u> Movie-of-the-Week</p> <p><u>1:00</u> Pinochle</p> <p>Mah Jongg</p> <p>DHSSC Wii Bowling Team Practice</p> <p><u>3:30</u> Words of Wisdom (4/16)</p>	<p><u>8:30</u> Morning Bites</p> <p>Inland Empire Legal Services (4/3, 4/17) <i>Appointment Needed</i></p> <p>Zumba Gold</p> <p>Senior Farmers Market</p> <p><u>10:00</u> Fit After 50</p> <p><u>11:30</u> Lunch</p> <p><u>12:30</u> Ice Cream Social (4/17)</p> <p><u>1:30</u> Bingo <i>Early Bird Game: 1:30pm</i> <i>Regular Game: 2:00pm</i></p> <p><u>2:00</u> Hula</p>	<p><u>8:30</u> Morning Bites</p> <p><u>10:00</u> Learn to Crochet with Shirley</p> <p>Beginning Tai Chi</p> <p>HICAP Counseling (4/18)</p> <p><u>11:30</u> Lunch</p> <p><u>12:30</u> Base Medical Testing Seminar on Cancer Screening(4/18)</p> <p><u>1:00</u> Pinochle</p> <p>Senior Social Kats Group Board Games</p> <p>DHSSC Wii Bowling Team Practice</p> <p><u>2:00</u> Poetry Reading/w Elayne Clift (4/4)</p>	<p><u>8:30</u> Morning Bites</p> <p><u>10:00</u> Fit After 50</p> <p><u>11:00</u> Lunch (4/19)</p> <p><u>11:30</u> Lunch</p> <p><u>12:00</u> Rockin Chair Singers Senior Choir practice (no class 4/19)</p> <p><u>12:30</u> Birthday Bash (4/26)</p> <p><u>1:00</u> Bingo (4/26) <i>Early Bird Game:</i> <i>1:30pm</i> <i>Regular Game: 2:00pm</i></p> <p>Free Art Classes with Salle (no class 4/19)</p>



April MOVIES

April 2nd
Mission Impossible 1
(1996)

April 9th
Mission Impossible 2
(2000)

April 16th
Mission Impossible 3
(2006)

April 23rd
Ghost Protocol
(2011)

April 30
Fallout
(2018)

**Desert Rose
Thrift Shoppe**



Open Weekdays
8:30am – 3:00pm

The Center will closed early on:

Friday, April 19th, 2019

12:00pm



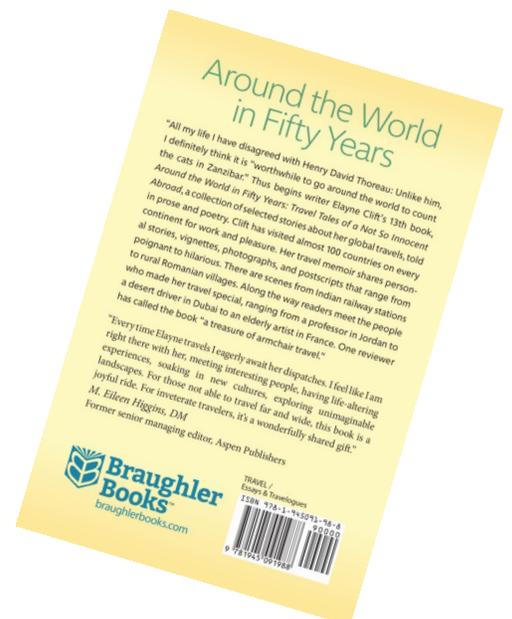
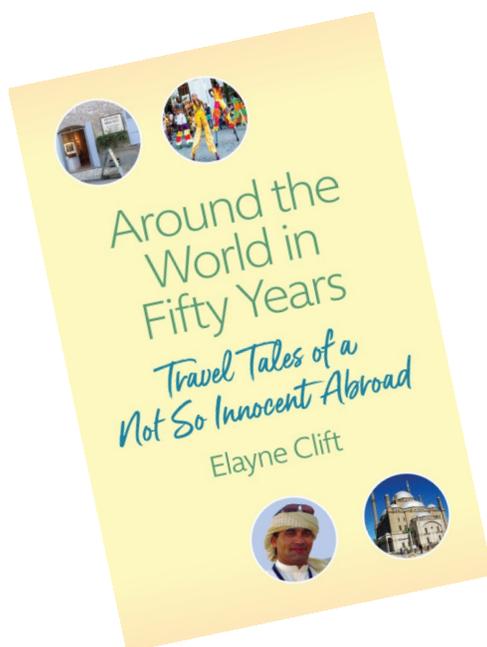
Poetry Reading

With Author, Elayne Clift

Thursday, April 4th, 2019 At 2:00pm

About the Author

*Elayne Clift is an award-winning writer, journalist and author as well as an adjunct professor of women's studies and literature. A Vermont Humanities Council Scholar, her latest book, a travel memoir, is **ACHAN: A Year of Teaching in Thailand** (Bangkok Books, 2007). She has just completed her first novel, **Hester's Daughters**. She lives in Saxtons River, Vermont.*





Senior Advocates of the Desert

Senior Advocates of the Desert is a 501(c) 3 nonprofit social services organization dedicated to serving low-income seniors age 60 and over living in the Coachella Valley. Senior Advocates was founded so that seniors can make one phone call and be provided the information, assistance and advocacy they need in accessing the benefits to which they are entitled.

We assist seniors with the following programs:

- Social Security Retirement Benefits
- Social Security Disability Benefits
- Medicare
- Medi-Cal
- Supplemental Security Income (SSI)
- In Home Supportive Services (IHSS)
- Veterans Benefits

In addition, we provide information and assistance regarding subsidized senior housing, transportation programs, food stamps, and discount utility programs.

All services are provided free of charge.

For assistance, call **(760) 202-1024**.

Our website is **www.saotd.org**.

**At Desert Hot Springs Senior Center every 2nd and 4th
Tuesday of the month.
Please call the Center or see the front desk for
appointment availability.**

CASINO Field Trip

Upcoming dates:

* Monday, April 1st, 2019

* Monday, May 6th, 2019

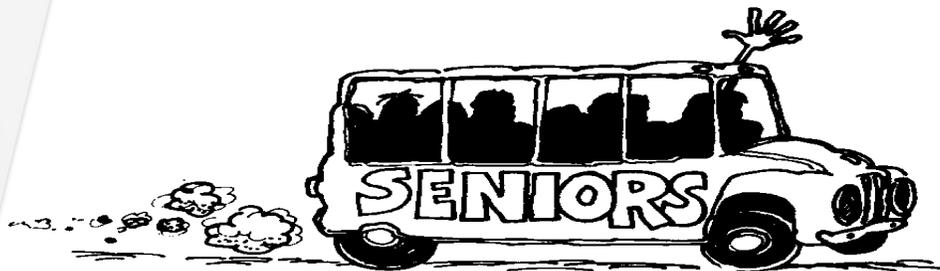
* Monday, June 3rd, 2019

* Monday, July 1st, 2019



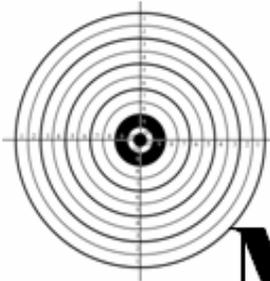
We are pleased to announce that we will be continuing a once a month field trip to the Spa Resort and Casino. Seating is limited, please reserve your seat at the front desk.

* *Bus will leave at 11:00am and return at 3:30pm*





CALIFORNIA HEALTH ADVOCATES



Don't Become a Victim of Medicare Fraud!

Learn How to Protect Yourself & Your Medicare Benefits

DATE: Monday 04/22/2019

TIME: 12:30 PM

Presenter's Name: Renato de Moraes

California Health Advocates-Senior Medicare Patrol program is dedicated to empowering Medicare beneficiaries to prevent healthcare fraud. Our work includes referring potential fraud to the Medicare fraud investigators, as well as outreach work throughout California. Highlights of our outreach work include:

- Latest scams affecting our Medicare beneficiaries
- The importance of checking your Medicare Summary Notice
- How to prevent, detect, & report Medicare fraud, abuse & errors



To report potential Medicare fraud, please call our Senior Medicare Patrol office at **855-613-7080**. If you would like more information about our program, please visit cahealthadvocates.org.

LEARN TO CROCHET



With Ms. Shirley

Have you always wanted to learn to crochet but have had no one to teach you? Or are you already skilled at crochet and just would like someone to crochet with? Well Ms. Shirley's class is just right for you. Studies show that knitting, crochet and other repetitive needlework provide a number of invaluable health benefits. Since 2005, ex-senior physiotherapist Betsan Corkhill collected anecdotal evidence and launched a collaborative study with scientists at many different universities on the role of knitting in health. They found that such rhythmic repetitive acts help prevent and manage stress, pain and depression, which in turn strengthens the body's immune system. Whether you're a beginner, intermediate or advanced there will be something fun for everyone. All you need to bring is your crochet supplies and a desire to learn and make friends.



Tuesdays and Thursdays
10:00am—11:00am



Free for Members and Non-members

Senior Center Classifieds Board



The senior classifieds are up and running! If you are a member of the Senior Center and you would like to place an ad on the board please see the front desk to fill out a short form. Upon Director's approval the ad will be posted in the enclosed glass bulletin board in the East Room for approximately 30 days or until need/service is met or item sold, whichever occurs first. Please see the front desk for further details.



Gary Malerba / AP

Do you like sports but it's hard for you to get out and play? Are you competitive? Do you like being part of a team? Well our Wii Bowling Team is right up your alley! Come join the Desert Hot Springs Senior Center Wii Bowling Team! We are starting to form our 2019 bowling team. Come and see if Wii Bowling is for you! Our Senior Center goes to the Wii Senior Pin Pals Tournament every year and competes with all the other Senior Centers in the Coachella Valley. Come be part of Team DHSSC!

Practice is
EVERY Tuesday and Thursday
at 1:00pm

BINGO



Join us for our bingo and beat the spring winds with some fun. In the main game 7 cards are played 6 of which you have a chance to win a gift basket and the 7th (last card) being the blackout game for a \$10.00 gift card.

Each participant gets 1 raffle ticket (one raffle ticket per person). Two raffle tickets are drawn during the game for one of our smaller prizes.

Daubers available for purchase for \$1.00.

Early bird game available separate from the main game. Prizes are dollar prizes. Early bird game starts at 1pm and main game starts promptly at 1:30pm.

Cost:

Main Game : \$3.00

Early Game: \$1.00

*Every Wednesday and **NOW 1 Friday every month**
Friday, April 26th, 2019*

Early bird game starts at 1:30pm
Main game starts at 2:00pm



The Council on Aging's Health HICAP offers unbiased individualized counseling, community outreach, and public education about Medicare and other related health insurance topics.

HICAP counselors are state-registered staff and volunteers, trained to answer your health insurance questions free of charge.

Our counselor can help you understand Medicare, review your health insurance and pharmaceutical options, compare supplemental insurances, challenge denials of service, examine rights as a health care consumer and explore long-term care options.

Every 3rd Thursday of the month
By Appointment only

Please call for appointments
Monday through Friday 9:00am to 4:00pm
(909) 256-8369

DOES MY MEDICATION WORK FOR ME?

COME EDUCATE YOURSELF ABOUT THE DANGERS
OF PRESCRIPTION DRUG CROSS

CONTAMINATION IN SENIOR CITIZENS.

IF YOU TAKE 2 OR MORE MEDICATIONS
YOU COULD BE AT RISK.

PGX - PHARMACOGOMICS.

LEARN ABOUT YOUR PERSONAL RISK OF DEVELOPING
HEREDITARY CANCER. IMPORTANT INFORMATION
FOR FAMILIES.

CGX - CANCER GENETIC

DESERT HOT SPRINGS SENIOR CENTER

11777 WEST DRIVE

APRIL 18, 2019 12:30 PM

MAY 2, 2019 12:30 PM



BASE MEDICAL TESTING

ART Classes!

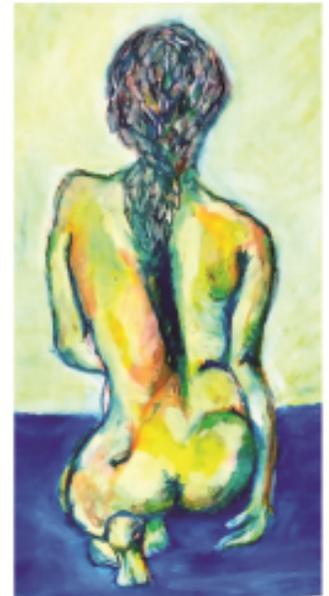
Come have fun. No experiences necessary!



April 2019



"Charcoal, Chalk and Pastels"



fridays
1:00-3:00 pm



artist - Hedi Studer

- 5th** Oil pastels & finger painting
- 12th** Black Paper & Colored Chalks
- 19th** Expressive Portrait Drawing
- 26th** Reductive Drawing

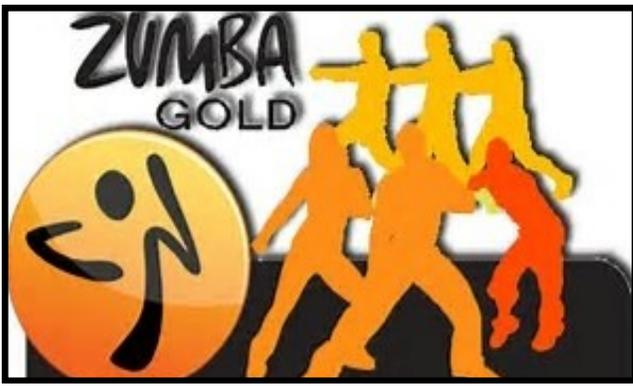
Materials included
Art instructor - Sallé



With a generous donation from our
DHS Community and Cultural Affairs Commission,
DHS Senior Center is offering
FREE ART CLASSES to all members.

Must register at front desk seating is limited. Non-member \$10.
For information call (760) 329-0222 or (760) 856-0924

Classes are subject to change without notice. Class must meet minimum student registration requirements.



Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Zumba Gold is designed specifically for active older adults, introducing easy-to-

follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat; prepare to leave empowered and feeling strong.



**Mondays and Wednesdays
8:30am - 9:30am**



**Tuesdays
11:00am - 12:00pm**

\$3 for Members / \$6 for Non-Members

TAI CHI FOR HEALTH

These classes, led by *Tai Chi Master, Neal Arida*, will teach the Yang Family Long Form 108 along with Qigong organ exercises. Learn and practice these ancient Chinese arts of health restoration and self-defense, by combining breath control with rhythmic, slow-moving choreo-

graphed body movements. Health benefits include improved balance, improved circulation, the lowering of blood pressure, increased flexibility, better balance and enhanced breathing. balance and enhanced breathing.

Beginning Tai Chi - We will begin with learning standing postures, breath control and body movements. Exercises will be tailored to your abilities and limitations.



Tuesdays and Thursdays: 10:00am - 11:00am

\$3 for Members / \$6 for Non-Members

Inland Counties LEGAL SERVICES

Inland Counties Legal Services provides free civil legal assistance to seniors who are 60 years or older who reside in Riverside and San Bernardino Counties.

- **Access to Legal Assistance**

At a [Senior Center Outreach Clinic](#). Our elder law advocates travel to senior and community centers throughout both counties to give legal counsel and assistance. Seniors are seen by appointment only at the [Senior or Community Centers](#) monthly, or quarterly. [Call the Center](#) nearest your home for an appointment.

Priorities:

- Seniors who are low-income, 75 years of age or older, non or limited-English speaking, homebound, live alone or who are disabled, chronically ill, or functionally impaired receive priority in service.
- Elder Abuse: We give priority to elder abuse cases, including matters involving financial, emotional and mental abuse as well as physical abuse, and help seniors with government and public benefits.
- **Legal Assistance:**
 - Health Care: We assist with MediCal and Medicare and prepare powers of attorney (advanced health care directive)
 - Estate Planning: We advise on small estates and prepare simple wills in appropriate cases
 - Housing (mobile home park tenancies, evictions, removing property liens)
 - Consumer fraud
 - Guardianships and conservatorships
 - To protect seniors from financial or physical abuse or:
 - To obtain emergency medical benefits, spousal and child support

By appointment ONLY

Appt times from 8:30am to 12:30pm

Please schedule at the front desk



Desert Hot Springs Movie of the Week

Tuesdays at 12:30pm

Sponsored by: Bilhartz Desert Insurance Agency



April 2nd

Mission Impossible (1996)

When Ethan Hunt, the leader of a crack espionage team whose perilous operation has gone awry with no explanation, discovers that a mole has penetrated the CIA, he's surprised to learn that he's the No. 1 suspect.

April 9th

Mission Impossible II (2000)

With computer genius Luther Stickell at his side and a beautiful thief on his mind, agent Ethan Hunt races across Australia and Spain to stop a former IMF agent from unleashing a genetically engineered biological weapon called Chimera.

April 16th

Mission Impossible III (2006)

This entry in the explosive espionage series finds semiretired superspy Ethan Hunt forced back into action to save a young agent from a dangerous arms dealer. But Ethan's agency superiors may be double-dealing their operatives.

April 23rd

Mission Impossible: Ghost Protocol (2011)

Super-agent Ethan Hunt dangles from skyscrapers and otherwise takes daring to new heights on another operation from the Impossible Missions Force. Helping Hunt get the job done is droll fellow IMF agent Luther Stickell.

April 30th

Mission Impossible: Fallout (2018)

Überspy Ethan Hunt and his fearless cohorts on the Impossible Missions Force are tested as never before -- physically and mentally -- in this stunt-heavy installment of the action-thriller series.

Movies Based on Availability & Subject to Change Without Notice



Fit after 50 exercise classes are designed to assist seniors in maintaining strength, mobility and functionality, and reducing falls.

The exercises address:

- ✓ Lower Body strength — important for getting out of a chair, bathtub, or car, walking or climbing stairs, and reducing the risk of falling.
- ✓ Upper Body strength — important for activities such as household chores, carrying groceries, lifting a suitcase, or picking up a grandchild.

Specific health benefits include: stronger bones, halted osteoporosis, improved balance/flexibility, arthritis symptom relief.

Free for Non-Members and Members
Mondays, Wednesdays , and Friday
10:00am - 11:00am



Aloha Kakou e Hoaloha....

Hello and Welcome Everyone!

My name is Palani Mauiola, I am a native Hawaiian. I would like to invite you to the art of Hawaiian Hula dancing. I have been dancing for over 50 years and would like to extend my talent to teach you the culture, songs and the dances of Hawaii. Dress casually and be ready to have some fun. Mahalo....ahui hou....Thank you, and I hope to see you all there!

Wednesday
2:00pm

Free to Members
and
Non-members



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



Learn how to view falls as controllable, set goals for increasing activity, learn to make changes to reduce fall risks at home, and exercise to increase strength and balance.

We are already taking reservations for the next tentative class beginning Wednesday, May 1st 2019 please make your reservations at the front desk of the Desert Hot Springs Senior Center.

**Classes are twice a week:
Monday: 1:00pm - 3:00pm
Wednesday: 11:00am - 1:00pm**

**there will be no class on Monday, May27th,2019 as the Center will be closed for Memorial Day*

**Program Fees:
Members: \$10.00
Non-Members: \$20.00**



**Open Monday Thru
Friday**

8:30am until 3:00pm
(Closed from 11:30 to 12:30 for lunch)

“Quality items at an affordable price”

**Donations must be clean and are
accepted Monday through Friday**

Birthday Bash

Come Celebrate all the April Birthday's with us. We serve cake and celebrate all the seniors who have birthdays this month! Starts promptly after lunch is finished.



Friday, April 26th, 2019

PARTY!

PARTY!





I scream, YOU scream, WE ALL scream for ice cream!!!

Every month Desert Hot Springs Senior Center Hosts its FREE Senior Ice Cream Social sponsored by Bilhartz Desert Insurance Agency. A nice cold scoop of vanilla ice cream with your favorite toppings and mingle with your fellow

Desert Hot Springs Seniors.

Upcoming Ice Cream Social date....

Wednesday, April 17th, 2019

Sponsored by:



BILHARTZ DESERT INSURANCE AGENCY

*Your one-stop for ALL things Medicare.
Make sure your agent is LOCAL!
Serving the ENTIRE Coachella Valley and surrounding areas*



Did you know the Desert Hot Springs Senior Center (DHSSC) has a Choir? Are you a Senior 50 years of age or older that loves to sing? Well the Rockin' Chair Singers of DHSSC is actively seeking new members to join the Center's choir.

Fridays at 12:00pm





Eating a balanced diet is vital for good health and well-being, especially as we age. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to thrive. We need a variety of healthy foods to provide the right amounts of nutrients for good health. In partnership with Find Food Bank we are extremely pleased to bring more produce distribution days for the Senior Citizens of Desert Hot Springs. Please see schedule for dates and times below.

April 2019:

- Wednesday, April 3th - 8:30am**
- Wednesday, April 10th - 8:30am**
- Wednesday, April 17th - 8:30am**
- Wednesday, April 24th - 8:30am**

May 2019:

- Wednesday, May 1th - 8:30am**
- Wednesday, May 8th - 8:30am**
- Wednesday, May 15th - 8:30am**
- Wednesday, May 22nd - 8:30am**
- Wednesday, May 29th - 8:30am**





Are you ready for some Mah Jongg?

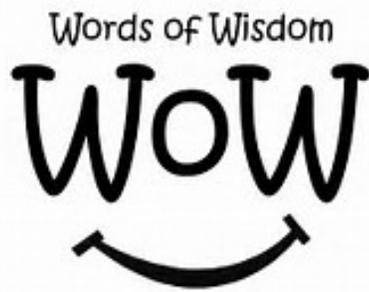
Researchers are claiming that playing Mah Jongg is good for our mental health, as it challenges our cognitive skills and powers of reasoning.

Originally a Chinese game of calculation and strategy, Mah Jongg found its way to America less than 100 years ago.

A rummy-based game, it's time to put away the cards and discover the beautiful game of Mah Jongg.

All are welcome to play!

Tuesdays
1:00pm - 4:00pm



Come join Rabbi Kreiman one Tuesday a month for words of wisdom. They tell stories with morals and values. They celebrate monthly birthdays and bring refreshments. The goal of Words of Wisdom is to bring joy to all participants.

Upcoming dates:

Tuesday, April, 16th, 2019

3:30pm - 4:30pm

Free for Members and Non-members



Morning Bites

Morning Bites is a Members Only Program please make sure you have your membership badge with you when attending. If you need a day pass please see the front desk

Pinochle



As you may know, Pinochle is a popular card game played with a unique deck of only 48 cards, which contains two of each suit of the Nines, Tens, Jacks, Queens, Kings, and Aces; there are no 2 through 8 rank cards. The game can be played with either two, three, or four players. The object is to accumulate points by either winning tricks, or by melding a combination of cards. The meld of the Jack of Diamonds and the Queen of Spades is known as “Pinochle”, and scores 40 points. Pinochle was brought to the Americas by European immigrants who played “Binochle”, a French version of the Old World game of “Bezique”.

Come and join in the fun!

**Tuesdays & Thursdays
1:00pm - 4:00pm**





Mizell Senior Center April 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1  Beef Hot Dog Chili Meat & Beans Tater Tots Coleslaw Cake, Milk	2 Chicken Tamale Roasted Corn & Peppers Aztec Rice Salsa & Sour Cream Fruit Cocktail, Milk	3 Meat Loaf Mashed Potatoes W/Gravy Carrots Wheat Roll Banana, Milk	4 Teriyaki Chicken Asian Vegetables Brown Rice Hawaiian Roll Orange, Milk	5 Baked Cod Wild Rice Pilaf Broccoli Milk
8 Beef Pot Roast Potatoes & Carrots Mixed Vegetable Wheat Roll Diced Peaches, Milk	9  Oven Fried Chicken Mashed Potato California Blend Vegetable Dinner Roll Orange, Milk	10 Turkey Sandwich on Wheat Bread Lettuce & Tomato Pea Salad Baked Chips Orange, Milk	11 BBQ Chicken Rice Pilaf Carrots Whole Wheat Roll Apple Sauce & Milk	12 Baked Ziti W/Mini Meatballs Broccoli Milk
15 Pulled Pork Sandwich Wheat Bun Coleslaw Tater Tots Fruit Cocktail, Milk	16 Chicken a la King Parsley Potatoes Green Salad Italian Dressing Biscuit Grapes, Milk	17  Hamburger Lettuce Tomato Baked Beans Coleslaw Banana, Milk	18 Glazed Ham Scalloped Potato Mixed Vegetables Garden Salad Wheat Roll Peaches, Milk	19 Vegetable Lasagna Wheat Bread Italian Vegetable Blend Milk <div data-bbox="1291 1102 1583 1281" style="border: 2px solid black; padding: 5px; text-align: center;"> Lunch at 11:00am </div>
22 Chicken Cacciatore Penne Pasta Roasted Squash Medley Garden Salad Banana, Milk	23 Chef Salad Ham, Turkey, Cheese HB Egg, Dressing Crackers Grapes, Milk	24 Beef Stew W/Potatoes & Carrots Cauliflower Mix Wheat Roll Apple, Milk	25 Roasted Chicken Breast Ancient Grains Broccoli Au Gratin Corn and Peppers Applesauce, Milk	26 Spaghetti W/Meat Sauce Italian Vegetables Garlic Bread Milk
29 Roasted Turkey Mashed Potato Green Bean Green Salad Hawaiian Roll Fruit Cocktail, Milk	30 Swedish Meatball Egg Noodles California Blend Vegetables Wheat Roll Banana, Milk	 <p> = High Sodium Day</p>		